



# Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

## What's Best? Local or Organic???

—By Sarah Yearout and Jen Whaley

Many of us face the question as we do our grocery shopping: "Should I buy USDA-certified organic foods, or foods from my local non-certified farmer?" With pros and cons to both, it ultimately comes down to the preference of the shopper. Luckily for you, your local Co-op carries choices in most sections of the store. Here are some informative tips to help you make your decision.

According to USDA.gov, "Organic farming systems rely on ecologically-based practices such as cultural and biological pest management, exclusion of all synthetic

chemicals, antibiotics, and hormones in crop and livestock production." These methods benefit the environment, and often produce stronger and more nutrient-rich plants. The farmers are certified by independent agencies using National Organic Standards, one of which is the absence of Genetically Modified Organisms (GMOs). Over 50 countries have either banned GMOs or have laws requiring labeling (not the USA, though!).



At this point, you may be asking yourself, "With all the benefits, why aren't all conscientious farmers Certified Organic?" Becoming certified is a lengthy and expensive process; often, it is only larger companies and farmers that are able to incur these expenses. For the consumer, choosing organic sometimes means getting food that was grown far from home: across the country or even on another continent, increasing its carbon foot-

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## Get a Fresh Turkey this Holiday!

It's time to order your fresh Thanksgiving turkey from Garno Farm. Your order must be placed by noon on Monday, 11/19. Pick up on Tues or Wed by the Co-op's closing time of 9:00 pm.



These turkeys are hand-raised by Ken & Bev Garno on feed mixed on the farm. They are fed a combination of whole grains, fresh and dried veggies and greens, and herbal supplements such as kelp. The turkeys are delivered fresh to the Co-op and they have never been frozen.

Turkeys delivered fresh can vary by weight, from approximately 17 to 25 pounds. If a smaller amount of meat is required, consider

ordering a half-turkey.

Garno's fresh young turkeys are \$3.45 per pound. Garno Farm will try to supply a turkey as close as possible to the size you specify, but remember, these birds will be growing up to the day of harvest, so weights may vary to some extent.

Stop by the Co-op and put in your order today, or call us at 734-483-1520.

Co-op closed on Thursday 11/22 for Thanksgiving!

## Local or Organic? continued from page 1...

print and compromising freshness.

Buying from local vendors supports the Michigan economy and generally means your food has traveled fewer miles from the farm to your fork. This typically means fresher food, more variety, and better taste! Many shoppers also value their personal relationship with local farmers and producers. Even though they may not be certified organic, many local producers use sustainable methods, expressing concern for preserving the health of their families, customers, and local eco-

system. For example, most of the farms that supply produce to YFC use no pesticides at all.

Some items, such as Roseland Organic Meats, Dry Bucket Organic Eggs, and Croft's Chestnuts are the best of both worlds, local AND organic! We also carry many other items that are local, not certified, but are still quality products that you should consider on your next shopping trip.

As the holidays approach, you can find specialty local meats in the Co-op's freezer. In addition to the Roseland Organic Beef (See article in

Sept. Ypsi Mix newsletter), YFC also offers Garno Farms poultry from a family-owned farm near Adrian, MI. Their chickens are raised in coops with open-air runs; the turkeys are kept together in a large pen with access to shelter. All of the birds eat a special feed mixed right on the farm (whole grains, fresh and dried vegetables and greens, and herbs). Their diet is also supplemented with garlic to boost the immune system.

If you would like to **buy local** and special-order one of their turkeys for your Thanksgiving feast, you may order one now in person or by calling the Co-op at 734-483-1520!



## YOGURT EXPLAINED

—By Sara Wootke, Dairy Buyer

If you're like me, you've stood in front of the dairy case and pondered, "So, what's this Greek yogurt thing all about?"

So, really--what makes it different from regular yogurt? And is it actually healthier? To answer these questions, let's start off with how yogurt is made!

Yogurt is formed when a healthy strain of bacteria is added to milk and allowed to ferment. The yogurt is then strained to drain away the liquid whey. Regular yogurt is only strained twice, while Greek yogurt is strained three times, giving it the thick, creamy consistency that so many love.

On to the health benefits! Because of the triple straining process, Greek yogurt packs twice the amount of protein compared to regular yogurt, which is great for vegetarians needing more protein in their diets. Plus, Greek yogurt contains less carbohydrates, sugar, and sodium.

The two types have roughly the same amount of calories per serving. Regular does win in the calcium department, however, containing three times the calcium that Greek has. This is because when the whey is drained, calcium is lost, too.

Greek yogurt can be used successfully in the kitchen, especially as a lower-calorie alternative to fatty ingredients (like sour cream, mayonnaise, and cream cheese). Dips, sauces, salad dressings, and smoothies are just a few nifty things you can create with the use of yogurt! Another helpful benefit of Greek yogurt is that, unlike regular yogurt, it does not curdle when cooking.

So next time you're shopping, why not pick up a container of Greek yogurt and give it a whirl? It may just turn out to be your new favorite ingredient—or just a new yummy, good-for-ya snack!

# Thanksgiving is Festive at Your Co-op



**Pies from the River Street Bakery!**

When you're dressing your holiday table, don't forget to look to

your Co-op for the best in local, organic, healthy holiday foods. Fresh seasonal foods are still available, due to many local farms' hoop-house growing.

River Street Bakery will be offering holiday breads and pies and the Deli Department will also be featuring specials. If you'd rather get creative at home, try River

Street Bakery's pie crusts, ready-made in our freezer!

Keep an eye out in the store for the schedule of tastings from 11AM-3PM on November 10, 11, & 17. Holiday side-dishes will be available for tasting from our Deli, along with wines, cheeses, pies, and other accompaniments!

**River Street Bakery**

## **Pumpkin Pies**

**on Special for Thanksgiving:**

**\$7.92**

**for a 9" pie.**

**Friday Nov 9, Potluck 6:00pm, Film 7:00pm**

**Film: "The Greenest Building" at downtown Ypsi Library, 229 W Michigan Ave, Ypsi**

Immediately following the 6pm Growing Hope Community Potluck—please bring a dish to share! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "The Greenest Building" focuses on the relationship between the conservation of existing buildings and the conservation of the natural en-



vironment and how, by recognizing these relationships, Americans can create communities that are economically, socially and ecologically sustainable.

**Wednesday Nov 21, 9pm**

**ORDERS DUE BY MONDAY 11/19**

If you are ordering side dishes from the YFC Deli Department, desserts from the Bakery, or a turkey for your Thanksgiving table, they need to be picked up by closing time 9PM on Wednesday 11/21.

**Thursday Nov 22, CO-OP CLOSED**

**Ypsi Food Co-op closed for Thanksgiving!**

**November Events**

## A Peek at Produce

—By Jen Whaley, Produce Manager

The holiday season always makes me think about food traditions. Some of our favorite holiday foods are made with produce native to the Americas, like pumpkin pie, chestnut stuffing, and cranberry sauce. But many dishes that we associate with specific cultures—American apple pie, Italian pizza, Shepherd's Pie from the UK—wouldn't exist in their current form without "New World"

explorers. Apples were first cultivated in central Asia thousands of years ago. Tomatoes and potatoes are both native to South America, as are peanuts (Thai peanut sauce), green beans (Salad Niçoise), and peppers (Hungarian goulash). The Spanish wouldn't be enjoying gazpacho without cucumbers from India, and the peach lovers down in Georgia have the Chinese to thank.

Despite often questionable (at best) motives and methods, early explorers redefined local traditional dishes for many regions, including ours. Now our holiday menus can include foods like green bean casserole, mashed potatoes, sweet potatoes, corn pudding, and of course, apple pie – all with ingredients grown close to home.

Look for special Co-op prices on many of these items in November!



## YPSILANTI FOOD CO-OP

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Don't be blue, just because the outdoor Ypsi Farmers Markets are over for the season! Mark your calendars for the indoor Winter Farmers Markets, taking place in November and December at the Corner Brewery, 720 Ferris at Forest Street, in the beautiful Prospect Park neighborhood on the eastside of Ypsilanti.

Conveniently scheduled before the winter holidays, they will be held on Tuesdays from

3-7pm. As a departure from past years, the Market will take place every week, rather than bi-weekly.

Many of your favorite vendors from the summer Farmers Markets will be in attendance, offering winter vegetables, breads, pies, sweets, and holiday crafts in abundance!

## Winter Market



[facebook.com/ypsifoodcoop](https://facebook.com/ypsifoodcoop)

## Worker Profile: Merritt Bankes

Meet the newest member of the Co-Op staff, Merritt Bankes! Merritt (sounds like "carrot") has only lived in Ypsi a few months, but she's originally from Hartland, MI, which isn't too far from here.

She's been working at the Co-Op almost as long as she's lived in Ypsi. Merritt says that the Co-Op is "probably the most ethical place" she's ever worked, because "we're always trying to do the best thing. I've learned a lot from the people I work with, and," she continues, "the customers are really cool."

Merritt has been a writer for most of her life. She writes crea-

tive non-fiction, much of which is about her experiences growing up on a farm. These experiences have made Merritt feel strongly connected to nature, which is why she's now at EMU, working towards a career in "saving the Earth and stuff." In particular, she's interested in working to protect the Huron River and local wetlands.

Merritt likes spending time with her cat Sasha. She's also seen Bob Dylan in concert twice, and she strongly supports the presidential aspirations of singer-songwriter Missy Elliot because, Merritt says, "she's the right man for the job."



**Merritt Bankes, Co-op Cashier**

—By Joe Montgomery